

Movement Based Warm-up

Foam or PVC Pipe Roll: Quad, IT Band, and Upper Back

Lax Ball Roll: Bottom of Foot, Calf, Glutes, Infraspinatus

Add Movement Dysfunction Corrections

Movement Warm-up:

1. Inchworm 10x
2. Spider Lunge 10x/side
3. Cross Body Knee Hug 10x/side
4. Lunge with Rotation Over Front Leg 10x/side
5. Lunge w/ Opposite Ankle Reach 10x/side
6. Lateral Squat w/ Rotation 10x
7. Butt Kick 20x/side
8. Low Skip 20x/side